



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 3-30-12)

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101014 – BEANS, LENTILS, PEAS, DRY

CATEGORY	<ul style="list-style-type: none">Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none">U.S. Grade 1 dry lentils.
PACK/YIELD	<ul style="list-style-type: none">25 lb bag.One 25 lb bag AP yields about 68 3/4 cups dry lentils and provides about 740 1/4-cup servings cooked, drained cooked lentils OR about 370 1/2-cup servings cooked, drained lentils.One lb AP yields about 2 3/8 cups dry lentils and provides about 29.6 1/4-cup servings cooked lentil OR about 14.8 1/2-cup servings cooked lentils.CN Crediting: 1/4 cup cooked, drained lentils provides 1 oz-equivalent meat/meat alternate OR 1/4 cup cooked, drained lentils provides 1/4 cup vegetable BUT NOT both components at the same meal.
STORAGE	<ul style="list-style-type: none">Store lentils off the floor in a cool, dry place. High temperatures cause dry beans to harden and high humidity causes mold.Store cooked lentils covered and labeled in a dated nonmetallic container under refrigeration.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Beans, Lentils, Dry, cooked without salt

	1/4 cup (49.5 g)	1/2 cup (99 g)
Calories	57	115
Protein	4.46 g	8.93 g
Carbohydrate	9.96 g	19.93 g
Dietary Fiber	3.9 g	7.8 g
Sugars	0.89 g	1.78 g
Total Fat	0.19 g	0.38 g
Saturated Fat	0.026 g	0.052 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.65 mg	3.30 mg
Calcium	9 mg	19 mg
Sodium	1 mg	2 mg
Magnesium	18 mg	36 mg
Potassium	183 mg	365 mg
Vitamin A	4 IU	8 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.7 mg	1.5 mg
Vitamin E	.05 mg	.11 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">• Sort dry lentils to remove foreign matter. Rinse in cold water. Lentils do not require soaking before cooking.• Use approximately 1 3/4 qt water for each lb of lentils. Combine lentils and water.• Do not add salt or other acidic ingredients until the end of the cooking time.• Cover and bring to a boil. Simmer or boil gently for approximately 15 to 30 minutes.• Do not overcook or lentils will become mushy. Drain if desired. Serve or use in recipes.
USES AND TIPS	<ul style="list-style-type: none">• Use cooked lentils in soups, stews, salads, or casseroles.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Visually inspect for presence of foreign substances, insects, or mold before use.• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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